



2 Part Outreach Program



Grief Specialist Sharon Young

Coping with Grief & Life Changes

Join us to discover the many false beliefs surrounding grief and learn valuable tools and information that will help you when you experience changes that are beyond your control.

Grief is universal, it does not discriminate and it knows no boundaries. Its affects are felt by every race, culture and religion. It has now become an epidemic, yet it is the least addressed health concern in our world today. Even though grief is universal when we experience it we feel isolated in our sadness and pain. You will learn valuable tools and information that you can use to help and support yourself, loved ones and friends.

Sharon's work in the community includes lectures, presentations and workshops that have helped families deal with serious issues including death, suicide and abuse as well as many other types of loss. Whether you are dealing with an illness, sick family member, employment or mourning the loss of a family member, friend or pet, we all are working thorough something and can benefit from the tools taught to deal with our pain. There is invaluable information for everyone to learn and benefit from and there is no charge to attend.

Coping with Grief during Holidays & Special Occasions

Come discover how to cope with grief during special moments while also learning to celebrate the life of those who we have lost and love.

Presentation Outline;

Death and/or Chronically Ill or Sick Family Members
Separation/Divorce/Absent from Family during Holidays
Self-Care, Understanding and Nurturing
Helping a Friend In Need
Professional Help-Grief and Support Programs
Open Forum Questions and Answers

Sharon shares her knowledge and offers tools to help individuals cope with grief and changes during holidays and special occasions. She facilitates programs based on her bestselling books and offers services to help individuals & families. She hopes that through sharing her story she can inspire and teach others how to heal their pain and grief to live a healthier and more fulfilling life.

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